

BRIDGES

READ MY BOOK:

Out of Old Saskatchewan
Kitchens offers a glimpse
into pioneer history **P.2**

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The Huskie Football
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Breakfast **P.4**

GARDENING:

The hardest climates
varieties suited for life
on the Prairies **P.24**

WEDNESDAY, MAY 6, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



AUTHOR ERNIE

FROM BADGE TO KEYBOARD,
THE PEOPLE'S COP
WRITES WHAT HE KNOWS
P.6

THE CAPTIVE
APR 24 / 10PM



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

AMY JO ENMAN

Out of Old Saskatchewan Kitchens



What did the pioneers eat? That's the subject of my new cookbook, *Out of Old Saskatchewan Kitchens*. No matter where they came from or their ethnic background, the pioneers' first order of business was to plant a garden, bake some bread and get dinner on the table.

Even before the land was planted with wheat, it was planted with potatoes, turnips, carrots and onions. During the far trials, island fishing ports such as Carlton Place (now Port Carlton) were expected to be self-sufficient in food. They had gardens and were provided with wheat, oats, barley and potatoes for planting. The wheat wheat field in what became Saskatchewan was planted in 1906 at a New France fair trade post east of

Prince Albert. Many Métis were as accomplished gardeners.

The arrival of more than 6,000 Doukhobors in 1909 created a run on potatoes that caused a spike in the basket price. Fortunately the Doukhobors were good gardeners and they soon fed themselves. But it wasn't easy. The early pioneers were often hungry, reduced to eating animal skins made a day their only meat a prairie chicken or a hare. They welcomed assistance with foods such as berries, dandelion greens, mushrooms and eggs.

Despite the hardships they did their best to prepare the dishes that reminded them of home and pass their cherished recipes on to the next generation. They shared favourite recipes and created language barriers

through the following of food. Neighbours helped new neighbours and so one looked their doors should a hungry traveller pass their way.

Their dedication and ingenuity is evident in more than 90 recipes and 20 historical images included in *Out of Old Saskatchewan Kitchens*, which is designed to resemble a lovingly compiled kitchen scrapbook from days gone by that it's more than a cookbook — it's a glimpse into the early history of Saskatchewan through the people, their stories and the foods that sustained and built our province.

I've included stories and recipes from my own upbringing on the family farm at Crick. But the true joy for me was discovering the unique flavours of so many diverse cultures



Amy Jo Enman

which took the basic prairie ingredients and made them their own.

Out of Old Saskatchewan Kitchens is published by Meritwyn Parcell and available for \$24.95.



Pam Tillis & Lorrie Morgan *Girls and Flowers: True*



Girls Night *The Musical*

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Former Saskatoon Police Sergeant Dave Lauchlin has an inner one going: winning look about his life on the force and another is in his new future. BRIDGES PHOTO BY RICHARD MULLAN

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The Stillhouse Podcasts' Brent Nielson and Karl Alstad take pride in wordsmithing while trying to pay tribute to Delta Blues and Appalachian music. BRIDGES PHOTO BY MICHAEL HILL

BRIDGES COVER PHOTO BY MICHELLE BEIRO

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ON THE SCENE

DOGS' BREAKFAST XV

The Hudson Football Foundation held the Dogs' Breakfast XV on April 30 at Pransford Park, where football coach then Towson announced the new two-down recruits to an audience of 1,600 supporters. Former NFL defensive back, former Lutz, who played 19 seasons during the 1960s and 90s and was inducted into the Pro Football Hall of Fame in 2002, was the guest speaker.

The event raised \$100,000, all of which will go towards the education of Hudson Football student athletes.

BRIDGES PHOTOS BY GORD WALDNER



ON THE SCENE



1. From the St. Joseph Guardians: Logan Bliz, Josh Perrow and Spencer Anderson.
2. From Team Lake: Gormon Fox, Garrett Pockel and Bryan Vays.
3. From the Midland Comets: Kallen Sorensen, Tyler Jones and Blandy Martin.
4. From the Rosetown Royals: Coach Gary Pearson, Brett Cohen, Brennan Popowski and Colton Hoggie.
5. From Delta: Tasha Adams, David Dubois and James Shilling.
6. From the Regina Racers: Mitch Lehnert, Calvin LaRocque and Jason Devries.
7. From the Hardy Riders: Todd Hildick, Darnell Pophoca and Frank Saterik.
8. Pro football full of former Roughriders: Lott was the guest speaker.
9. From the Clavet Cougars: Maranda Erwin and Derek Senger.
10. From the Walter Miley Miners: Jason Moutrey, coach Trevor Bates, Tyler Heed and Dylon Young.
11. From Prince Albert St. Mary's: Brian Mervau, Derran Iran, Austin Mason and Dominic Pearson.

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ON THE COVER

Everybody has an opinion about the cops. It's not all about guns. It's about dealing with people. — Ernie Louittit

ERNIE LOUITTIT

The people's cop becomes an author



Writer and retired Saskatoon police officer Ernie Louittit checks out some of his old haunts in Saskatoon. The Alouett Art Gallery was where he went after his night shift to decompress and do some writing. BRIDGET PHOTO BY RICHARD MURRAY

By Jenn Sharp

Ernie Louittit had been an officer with the Saskatoon Police Service for three years when his friend had first shoot or don't shoot moment. It was on a domestic violence call.

"He killed my mom," said a five-year-old in side an apartment. An infant screamed.

From the kitchen, Louittit followed a wide scarer of blood to the bedroom where a man was trying to shove a knife down his wife's throat.

Louittit describes the incident in his 2013 book *Infants Threat: Perspectives on Policing and Leadership*. The suspect finally threw his knife to the side and was arrested after a struggle with Louittit, a second officer and another man in the apartment.

Infants Threat is Louittit's because known on the streets of Saskatoon, led the negotiations at the recent Saskatchewan Book Awards and won the Bannerman, Bannerman & Charovsky Aboriginal Peoples' Writing Award. His second book will be out May 15. Louittit, who retired from the force two years

ago, says it's "such a surprise and such a risk" to be an author.

His frank and powerful reflections provide useful advice on leadership and thoughtful perceptions on humanity.

"An experience about a second book," adds the father of three.

Infants Threat is based on Louittit's experience in the military and his 36-year career with the Saskatoon Police Service. In the book are vivid accounts of the brutal violence he witnessed patrolling Saskatoon's poorest neighbourhoods. Even when he became a

sergeant, Louittit devoted much of his time to crime (making marginalized people).

He often talks to high schools about the police's role in society.

"Everybody has an opinion about the cops. It's not all about guns. It's about dealing with people," he says.

Speaking to teachers earlier this year, he advised patience when grading students he wrote "sometimes you don't get to see how the seed that you planted developed."

Louittit dropped out of high school but was still influenced positively.

I surprised a lot of people when I left, but it had ran its course for me. You only get so many luck points in your life and I had used a lot. Why keep pushing? — *Louttit*



Ernie Louttit won the Bearspaw, Bearspaw & Chinook Aboriginal Peoples Writing Award at the Saskatchewan Book Awards in 2007. Photo by Chris Rogers

"If you use the standards you normally use to rate your students as a success, I was a fail ure. But I wasn't, because the teachers that played the role in me to want to learn, to not quit — they absolutely succeeded."

Louttit grew up in a village in northern Ontario called Oba with no electricity running water or telephone. It's a simple and beautiful place he still visits twice a year to hunt. And wash away the horrors of his job.

"It's still one of my favorite places. Oba is like time stood still. Besides my family that was one of the things that kept me grounded — getting in touch with who I was and where I was from."

There's no trace of the cynical, jaded cynicism when you meet Louttit. His brown eyes speak, as he remembers people he was able to help. He laughs often and cracks jokes. He likes to use analogies to illustrate a point. But you can tell when he's thinking about something dark from the past.

Louttit's gift is his ability to connect. His devotion to the people society forgot to what made him stand out as a cop and that's what makes his book both heartbreaking and hopeful.

Louttit talked candidly with Rogers about his years on the police force. Why always were his favorite place to patrol, how the relationship between the police and aboriginals has changed for the better and the unexpected joys he's found in writing.

BRIEFES: Indian Ernie opens with a disturbing story describing a domestic assault and your first shock or discomfort experience as a police officer. Back at the station you're in shock and covered in blood but other officers walked by without saying a word. That scene like the episode of an old boys' club where emotions aren't acknowledged. Did that act take change?

Continued on Page 8

DIANA KRALL

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PAUL MERCE
PHOTOGRAPHY



The one kid told me they used the alleys because they didn't want to use the streets. If they were on the street and saw a gang member, they couldn't get away fast enough. In the alleys, they can meld into the darkness. The alleys were the safest place for them. What kind of a reality is that to be living? — *Lourtit*

ERIN LOURTIT: Oh absolutely. With the people I came through with, we weren't let more open in talking about things. I was never a big blase guy. Things happen in the order they're supposed to happen. Five years and prison, police had to be the tough guys even among themselves. Eventually, that started to change and people were more open about the experience as they were leaving. But you always have the people that keep everything close to their chest and don't share.

Q: You say that one of the most important tools for a police officer is empathy. Why is that?

EL: I'll put you in constant ground as I'd rather in conflict resolution, you walk around in the place you want to be. You don't have to agree with a person's lifestyle or choices at the time. If you have an understanding of it, you're looking down so many things that tend to conflict — and if

you do it quickly and privately. You don't take that you get it (laughed) is one of the most transparent conditions of them all.

Q: What do you think it will take for people to break out of the cycle of poverty abuse and violence that you saw in your days as a police officer?

EL: Really what we're doing right now. The more you talk about it, the more it's out there and people are more of it. More but surely it changes. This good economy has been like a golden opportunity for so many people to break out of that cycle of violence.

Q: You state that poor people's problems rarely make the majority other than to reinforce preconceived stereotypes. You found much of your career on your people's problems. Why was that important to you?

(Continued on page 19)



Erin Lourtit works with Judges Art Movement to deliver five of artists that have transformed a school to be a community space into a policy center. *James Spence and others have been a great ministry at one time. PHOTOGRAPH BY RICHARD MARLIN*

440
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“I keep taking my kids to Calgary, that I can't move there because nothing out there will be as good as home. So, I'm Parkville Manor.” — Brent

In conflict resolution, common ground is the place you want to be. You don't have to agree with a person's lifestyle or choices at the time. If you have an understanding of it, you're knocking down so many things that lead to conflict — and if you do it quickly and genuinely. — *Louise*

BL It seemed like the right thing to do.

One of the concerns that used to bug me a lot was, "How can people live there? It's not how it is they do. Some of the relations in the poorer neighbourhoods is just a progression for kids on their way to school, teachers getting pregnant just because they work in that particular area, drug use — about 100 up and dumping needles in the alley behind homes. People (living there) deserve as much police attention as the city can provide them."

I used to love alleys at night for catching criminals, because criminals liked alleys. But more frequently I was running into kids in the alleys. The one kid told me they used the alleys because they didn't want to use the streets. If they were on the street and saw a group of people they couldn't get away that quickly. In the alleys they can melt into the darkness. The alleys were the safest place for them. What kind of a reality is that to be living? It never made me more concerned to stay in the area so that these kids could eventually just walk in the street. It's not a nice area.

show. It has to be a gradual wearing down of all the barriers these kids face.

They're great people that had struggles. I could empathize with I could have done many other things. I could have stepped up into an upstairs area sought higher rank but the door to be there was too strong.

BL In the chapter titled "no ammunition is ever forgiven," you help uncover an alleged ammunition trade in the military at CPH Wascana. A lot of the women I ended up in the hands of gang members and drug dealers. Tell me about that experience.

BL I wondered what would happen when I wrote that. But I didn't leave anything. For me, I was so expelled by that. But I understood why, too. We didn't get paid much on the street. If you were a married guy with kids (and if you could supplement your income, you would) but not illegally. That was the thing that shocked me.

I felt so alone after "Who do you trust?" I got so stressed I got a nervous twitch on my eye.

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Sergeant Zrink Lucasko, when he was with the Saskatoon Police Service, tries to get a man to talk to his lawyer after he was jailed during one of Lucasko's last night shifts in 2014. *Photo by Gordon Wapcar*

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Why do beavers chew down all the trees? Can't they eat other things?
Sophie

Beavers, such as myself, are strict vegetarians, eating twigs, stems, and bark from a variety of trees. We especially love to eat the inner bark of trembling aspen trees which we think are so tasty to your family's tree. Now the real question is why would we eat anything else if it tastes so good? Beavers often get a bad rap for chopping down trees, but you humans have to realize that this is something we gotta do! First off, we need all sizes of trees to build our lodges and dams. The average beaver dam is two metres in height and up to eight metres long. That's a lot of trees! Humans use at least six large trees when building an average home in the city. Second, the older rodents, if beavers don't chew they get a big toothache. Our front teeth never stop growing, so we have to chew trees to grind them down and keep them the right length. If we stopped chewing our teeth would grow over our chin making it impossible for us to eat. But, we don't chew down all the trees, just the ones that we find tasty! So next time you see one of my buddies chewing on a log remember that this is what being a beaver is all about!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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(The Barry Hotel coming down) was probably one of my high points. There was nothing good that came out of it in the end. — Louttit



Jim Louttit in the spot where the former Barry Hotel stood, an area of town in constant flux. He became a police officer in Saskatoon without knowing it, in 1980.

Q Yet despite the difficulty you had to have negotiating that case, you still recommend people join the military.

A If you want some direction in your life, the military will help you in that respect. I believe, as someone if you're going to enjoy the benefits of this country, which are fantastic — it's the best country in the world — and you're physically capable, you should step up and do a bit of service. What people take away from the military will be a lifetime. The discipline, the organizational skills, the leadership, the teamwork skills.

Q What was the hardest part of being a police officer?

A Dealing with our criminals. The hard part for me was finding people in distress that had nobody. They had nobody turned their back on society or society had turned its back on them. Mental health was always tough, too. And kids. Nobody ever wants anything to happen to kids.

Q Remember the neighbourhood where you spent a lot of time patrolling in Saskatoon, is quickly being changed by new businesses and development. What effect does gentrification have on the neighbourhood and is it a positive for the people that have always lived there as rents increase?

A They're moving to different areas. It needs to be done though. The Barry Hotel coming down was probably one of my high points. There was nothing good that came out of it in the end. It was a pinprick down on the quality of life down there. The more you improve an area, you're going to have some displacement. But some of the people that get displaced actually change because they no longer have a safe place to go and play their trade. They no longer have a place to hide so they have to step into the light.

You'll never have 100 per cent success rate. But success is always good and success brings success.

Continued on Page 12

JESSE COOK



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PAUL MORGAN
ARTIST

The relationship between the police and the Native community, especially in Saskatoon, has changed. (Neil Stonechild's) memory will be a safeguard against any inclination to be abusive. — Loutfi

IN Investigating the Neil Stonechild inquiry was a grueling experience for you. What emotions surface today of that time?

EL: At the end of the day a lot changed. If a guy takes some place from all that, that was the good. The relationship between the police and the Native community, especially in Saskatoon, has changed. His memory will be a safeguard against any inclination to be abusive.

IN Do you ever talk to it himself?

EL: No. They're all gone (now) now. But I think it would be an awkward conversation anyway. There's a lot of people I meet now. But I'm retired. I won't speak to anyone they speak to me first just because the memory I'm attached to is bad for them. It's difficult for me but it's bad for them.

IN Does that bother you?

EL: Well, because sometimes you just want to go up to them and give them a hug and say, 'Hey, how's it going?' I told you it would be better sooner or later. But I wait for them. If they come up to me, I'm always super happy. A lot of times you don't think you made a difference but you did.

IN Do you think an inquiry into Canada's missing and murdered Aboriginal women is necessary?

EL: That's coming in the second book. We spent more time and money worrying about not doing it and all of this time, time is wasted. Like the (Candy) Diuker murder in Alberta... it's so suddenly shocking. You can hold an inquiry on it if you want to, but that's not what you need. That (man) is not always popular.

IN What's the most part of retirement for you?

EL: The weight of violence, now violence, is one of the biggest relief. I still have admiration for anybody out there doing their job. I admire their courage. I admire their spirit. But it's a dirty job, and now I'm not taking on many missions with me anymore. It feels very good, I feel when I loved it. The night shifts weren't hurting me but I knew eventually it would. I left pretty much at the top of my game. I surprised a lot of people when I left, but it had come its course for me. You



Neil Stonechild in uniform at the Neil Stonechild inquiry, a day after he died from his injuries, in 2002. (GREGG FORTER FOR THE GLOBE AND MAIL)

only get so many back points in your life and I had used a lot. Why keep pushing? And I knew I was going to write a book. I didn't realize it would go the way it's gone but I'm very happy with it.

I've always been an oral reader. If I

could have people to read for an hour a day as part of a criminal sentence, I would.

IN What do you hope to see in the future in regards to the relationship between the police and Aboriginal people?

EL: That relationship has been getting progressively better for years. I'd love to see that momentum continue to keep building those relationships. Saskatoon police went from being under the national spotlight for all the wrong reasons to be

ing in the national spotlight for all the right reasons.

This interview has been edited and condensed for publication purposes.
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IN THE CITY

MAY 3, 2015 — 1:16 P.M.

Artistic options



Charles O'Brien speaks to a crowd gathered for Jane's Walk — Street Your City tour. The tour was titled Crowded With Bus Bells: Hub of Creativity. Ideas for changing the Crowded With Bus Bells into an artistic centre were discussed during the tour. PHOTO BY LISA RICHARDS

ASK ELLIE

Loss of intimacy may be medical as well as emotional

Q. We've been married for three years, together for seven. I'm 34, he's 31.

I've recently lost interest in sex with him and while I'm grossed out, he's become increasingly distant.

He's always been very proud. He acts rather than lies. If I ask a direct question, he either refuses to answer or pretends to not hear it.

I usually say whatever I think and feel.

His family life was quite different from mine. He doesn't have strong emotional attachments to his family (divorced parents). His mother is born Jewish but he's not. The relationship with his father is very strained.

He doesn't have close friends. I'm the only person who knows him well. His own family knows very little about him, so they can be quite self-centered and he's so proud.

I don't feel the same emotional connection to him and would be happy to remain in a sexless marriage.

I enjoy spending time with him, watching and sharing common interests. I have no interest in lov-

Ask Ellie



ing him, but if he wanted to have, I'd understand.

Confused and Indifferent

A. Look beyond your differences (which you may've seen much earlier in seven years together) and consider why you married this man not so long ago.

Then, remembering also the things that made you enjoy together, get proactive about what's recently affected your changed feelings.

Consider your frustration in sex, your true standing mood and indifference may come from a medical cause, or a gynecological one such as early or delayed ovulation, for which there are treatments and/or natural therapies.

It could be a huge mistake if health issues are involved, to just push your partner away with "frustration" without probing why it's happened.

Then, talk out some of your differences with professional guidance, or couples' counseling.

You need to find out how much these different personalities and backgrounds really matter to your compatibility. Ask yourself, once you deal with any other contributing factors.

Q. I'm an alcoholic. Three years ago, I quit drinking. The idea to the support of my friends at Alcoholics Anonymous, my life has improved and changed in ways I didn't think possible.

But I miss my old friends. I have a group of girlfriends whom I've known for years. We have shared secrets and shared events during the past.

During my recovery, I haven't been able to attend all the events because of the drinking. I feel my friends are uncomfortable around me now. No

one asks me how my recovery's going. They seldom call or email me. Should I back away or how do I tell them I miss them?

Last Drinking Friends

A. You know you will have important it is for your recovery to avoid the old situations in which alcohol was a major presence.

Your friends know about your recovery but haven't had your courage to face their own dependence on alcohol at the group events.

Some of us appear that time has come forward individually to get together with your old group or in alcohol-free ways, if a time that they would still be a negative influence socially.

You've already taken the right road to sobriety and been successful for three years. Don't risk the comfort.

Lean on the reliable support of your AA pals, and any other family and friends who've acknowledged and supported your recovery.

One or two of the old friends may one day come around on their own path to recovery. As you know, that has to come of their own choice, in

their own time.

Meanwhile, protect yourself!

Q. My friend is afraid to tell people that he likes others of the same gender.

I don't know what to do because every time I try to help him over come his fear of people judging him, he just pushes me away and I don't want him to do that.

I want him to be open about his sexuality, and tell others, so he can actually get to know someone without pretending that he doesn't like them and also pretending that he's not homosexual.

Caring Friend

A. "Caring" is important to a friend, but interfering is not your role.

He already knows that you're aware and comfortable with the fact that he's gay but that's the one who has to take the steps to being open, if and when he chooses.

Back off and respect his right to deal with his own sexual he takes for help.

TEETHING



PAIN



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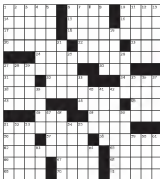


#CROSSWORD

NEW YORK TIMES Filled by Will Shortz

ACROSS

- 1 1920s Pullman Palace
renovator for Tulsa Park
30 Barber's scenario
10 Traffic off-road
14 Drawing of a bakery?
15 Ending with peak
18 One 4 balls may cry
out loud
17 Letter who wrote
"The Girl with the Dragon Tattoo"
19 Put in there pull?
20 Insects
22 Monsters' results
23 Names of
Roses & Martin
Laugh-In?
24 "Here I have a drink!"
27 Expend
30 Welcome to the fold?
31 New Profile
32 Kate's sister in a
classic congas belzer
40 "... Sunspot" (2012
war film)
38 "Send me a message"
43 Chopped turned to a
everyday
44 Hello or goodbye
45 "Sinner's Prayer" (a
... double take
46 Spoon-off the Lake
Blaze



PUZZLE BY SHARON COLE

DOWN

- 51 "Honor" birthday
Mule, a word, and
blow
56 "She said"
57 Spanish "to her"
60 Roaring hounds
62 Speaker of the story
for 10, 24, 30 and
51 Acorns
63 Brother's lawyer?
64 What if you didn't believe
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65 Mean
66 "One more thing..."
70 Partridge with
popcorn
71 Start over with a clean
slate?
11 Clockwise down west
diagonally
2 ... out it another way
3 Be hot under the
collar
4 Walk toward Mexico?
5 Island
6 Atlantic City casino
with The
7 International Project
emerged, ultimately
8 True
9 Sign of disease
10 Cooper's trait
11 "Tyrone" competitor
12 Some of the best, even
are cold
13 Really works for
16 Links up
20 Dime of "Lone
Duke"
25 ... Brink
26 Riverkeeper
Schiff
27 Big name in audio
equipment
28 Not electronic, viable
29 Curtis Mayfield's
release
33 Cousin father
in 2009
35 Out or cooper in
2009
36 No place of Gods
37 Harry Bombick
39 Training the Library of
Congress
40 Enchanted
42 Hides back a grade
43 Head of national
47 "A sign, a shadow"
48 Impassioned
49 Weather low
51 Not left back
52 Linking Western
continuity, maybe
53 "Yes, but for me"
54 "This place belongs
to me"
55 Group with the hit
album "The
Album"
60 Six stitch clothes
61 Sports magazine
62 He's with a school of
fish
64 John Ford, a
Director of The New
 Yorker

JARRIC
CLASSIC
SUDOKU

Lewell Gail

Fill in the blank cells
using numbers 1 to 9.
Each number can ap-
pear only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest)



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 27

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tcutickets.ca
(306) 975-7799

CJWW 600

TICKETS ON SALE NOW!

The Mendel Gallery Group Volunteers

Spring Plant Sale & Mother's Day Tea

Plant Sale: Saturday, May 9, 9 a.m. — 4 p.m.
Tea: Saturday, May 9, 11 a.m. — 3 p.m.

Mendel Art Gallery Lobby & Cafe
Everyone Welcome

M MendelArtGallery www.mendelartgallery.com

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

MUSIC

Wed., May 6

Counting Crows
TCU Plaza,
35 22nd St. E.

Big Dave McLean
Suds on Broadway,
517 Broadway Ave.

Arrival & Dreams
Dakota Dunes Casino,
304 Dakota Dunes Way,
Mesa

AlibiCarnivale
Piggy's Pub and Grill,
1423 1st Ave. N.

Thurs., May 7

Henry Moon
Broadway Theatre,
715 Broadway Ave.

Calvin
Cracker's Restaurant &
Lounge,
1-222 W. Camelback Rd.

Big Dave McLean
Suds on Broadway,
517 Broadway Ave.

**Words & Music Series: Lloyd
Reifer II**
The Basement,
204 Fourth Ave. N.

**Jennifer Castle w/ Little
Orbitals**
Vampiro Tavern,
828 Broadway Ave.

Roeth Brechers
Elm Church,
419 21st St. N.
Fri., May 8

Connie Koller
Broadway Theatre,
715 Broadway Ave.

Big Dave McLean
Suds on Broadway,
517 Broadway Ave.

Pharo Frisley: Kim Salvid
Roots Series: Jondis Lane
The Basement,
204 Fourth Ave. N.



Pat Felt and Lucie Morgan during their Girls & Glamour Tour to TCU Place on Sunday

Dan McConnell Band
Army & Navy Club,
359 First Ave. N.

Two Tall Dudes
Molly Robinson,
3330 English St. E.

The Rhythmites
Fairfield Senior Center
Cafeteria,
103 Fairmont Ct.

3 Pack + One
Toon Town Tavern,
2035 Fairlight Dr.

**Free Next Tues w/ The Pair-
like His**
Amigos Cantina,
408 Cullen Ave.

Zeam w/ Jealousy Mountain
Dale and Leavitt's
Vampiro Tavern,
401 Broadway Ave.

**The Rebellion w/ Firing at
the Sky, The Raccoons and
D&T**
Capital Music Club,
244 First Ave. N.

Rock Doctor
Piggy's Pub and Grill,
1423 1st Ave. N.

'Til Dawn
Starrs Place,
106-10 Ruth St. E.

Sat., May 9

**Barb Babin Hosts The Great
Canadian 500book w/
Scotty Hill**
The Refinery,
308 Cullen Ave.

Big Dave McLean
Suds on Broadway,
517 Broadway Ave.

**Pharo Frisley: Neil Curtis
Jazz Travelers Series: Steve
Kings and University of Mem-
phis Alister Jazz Family**
Broadside,
The Basement,

Dan McConnell Band
Army & Navy Club,
359 First Ave. N.

Gold Threes
Downtown Lagoon,
606 Squidoo Cres. W.

Les Barrington
Nelson Lagoon,
3232 Fowler St.

The Nobles
Molly Robinson,
3330 English St. E.

You Better w/ Wave Chappala
Orbitals Event Center,
241 Second Ave. S.

National Drone Day after
party: Madsa, Candell, Will
Kaufhold and Living Room
Vampiro Tavern,
801 Broadway Ave.

**Friends of Poet w/ The Moss
and Living Room**
Piggy's Pub and Grill,
1423 1st Ave. N.

Rock Doctor
Piggy's Pub and Grill,
1423 1st Ave. N.

'Til Dawn
Starrs Place,
106-10 Ruth St. E.

Sun., May 10

Pat Felt and Lucie Morgan
Girls & Glamour Tour
TCU Place,
35 22nd St. E.

The Rhythmites
Broadway Theatre,
715 Broadway Ave.

Acoustic Jam
Suds on Broadway,
517 Broadway Ave.

**Kennel w/ Deephere and
Thornes Youngblood**
Lauri' Pub,
513 Campus Dr.

**Ian Kelly w/ Kirby Griddle
and The Whiskey Jinks**
Capital Music Club,
244 First Ave. N.

Mon., May 11

3 Strings Festless
Bulls on Broadway,
517 Broadway Ave.

Dan Bremnes w/ Jon Kaufold
Rock of Ages Lutheran Beth-
el Church,
103 Kensington Blvd.

Tues., May 12

3 Strings Festless
Bulls on Broadway,
517 Broadway Ave.

**Roots Series: Peter Katz w/
Lukal'el Singh**
The Basement,
204 Fourth Ave. N.

ART

Musical Art gallery
Until June 7 at 1050 Squidoo
Cres. E. Spring exhibitions

The City-World with works by
11 Indigenous artists, 42nd an-
nual School Art and the 89C
Artists by Artists in person at
exhibition. Film and water-
color works by Greg Gibson
and mentor Terry Ellings.

**The Spring: Plant Sale and
Mother's Day Tea**, a fundraiser
sponsored by the Gallery
group volunteers, is May 9,
8 a.m. to 4 p.m. Student artists
talk about their work May 10,
2 p.m. Check out the closing
sale in the Gallery Shop. The
gallery will be closed June 8.

Artivity gallery
Until May 23 at 813 Broadway
Ave. The Narrative Gift. Work
by six ceramic artists: Jenn
Denke-Lange, Markie Peterson,
Elizabeth Turley, Ann
Carrington, Cathy Tinsford and
Carole G. Reception May 9,
7 p.m. to 9 p.m.

The Studio on 20th
May 10, 12 p.m. to 4 p.m. at
236A 20th St. W. Spring Open
Studio and Mother's Day
Tea. Works by Bridget Atkin,
Nicki Aoki, Kathy Brinkman,

Jean Concoran, Ann Donald,
Jane Harington, Muriel
Jones, Brenda Kennedy, Karen
Maguire, Anne Waffly and
Carol Wylie.

SOVAP Art Gallery
Until May 9 at 253 Third Ave.
S. No Dress. Artwork by past
UCPP participants Andy Zim-
merman.

Eye Gallery
Until May 9 at 77-1132 Col-
lege Dr. My Point of View,
a student art exhibition by
artists from Kinnear School to
University level. Photographs
by Tim T. Thomas runs May 10
to June 12.

Art from the Attic Sale
May 9, 10 a.m. to 4 p.m., at
Grace Westminster
United Church. A fundraiser
hosted by Grandmothers for
grandchildren auction
all proceeds will go to the
Stephen Lewis Foundation.
Information at 306-733-5281,
309-373-3690.

North Star Gallery
May 9-12, 10 a.m. to 6 p.m. 16
kilometers west of Humboldt
and six kilometers south.
Open Studio Hours and Sale
for Mother's Day Pottery by
Melissa and paintings by
Kara Holden. Music, demon-
strations and refreshments.

**Living Spirit: Roache Art
Show**
May 9-10 at Queen's House
Ballroom and Renewal Centre
Artists: David Roache
Coffee House May 9, 7 p.m. to
9 p.m. Mothers Day Tea May
10, 12 p.m. to 5 p.m. Adm-
ission is free.

3302
May 9-30 at 3302 Ave. G S
Rock Paper, Bookstore by Wally
Blen and Matthew Slien
Opening reception May 9, 1
p.m. to 5 p.m.

**The Gallery at ART Place-
ment**
Until May 28 at 328 Third Ave.
S. The Oaks, 1995-2006, col-
lecting over 40 years of works
in oil by Dorothy Knowles

ARTS & LIFE

EVERY DAY IN THE

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EVENTS

Gordon Smithgrove Gallery
Until May 19 in Room 161 of the University of Saskatchewan's Murray Building, traversal Through to the Other Side by Patricia Shiplett. Video, sound, light sculptures, paintings and photography. Reception: May 10, 10 a.m. to 5 p.m.

SCVA Art Gallery
May 7-29 at 203 Third Ave. S. Rock and Roll Kids by Dee Lowe and D'Decade.

The Gallery at Frances Morrison Central Library
Until May 21 at 201 23rd St. E. Gardens: A Geography of Metaphor by Ken DeBevoise.

Station Arts Centre, Downtown
Until May 23 at 701 Railway Ave., Northern Agriculture, a group exhibition featuring OS&C Works by Cori Seum, Jalen Sisco, Daphne Oslak, Wayne Veros, Henry Beaudry, G. Martin and Gerald McMeekin.

Ripper Museum and Gallery
Until May 30 at 103 Third Ave. W. in 522 The annual Educated Art Show. Works by several local artists.

Handmade House Showcase
Until May 30 at 710 Broadway Ave. Paints (Element), a show of fine art by Cindy Hooper.

Hues Art Supply
Until May 31 at 1816 Lorne Ave. Artwork by Chris Kinnison and Christine Gaudet.

STM Gallery
Through May and June at 55 Thomas Mann College, 1477 College St. Book reviews by Monique Martin and Cedryn Miller.

Art in the Centre
Through May at Parkside Centre, 10 Gropper Cres. Work by Bridge City Artists.

Green Art Collective Home
Until June 2 at 202 20th St. W. Chemical Phase II: Architectural Representation and the Temporalized Object. New works by Gerald Perry.

Centre East Gallery
Until May 26 at The Centre. Display by the Centre Gallery.



After the Storm by Cindy Hooper is on display at Handmade House.

In the Royal Gallery, display by Art for LIFE in the Jade Gallery, display by the Bridge City Artists in the Amber Gallery, display by the General Account Centre in the Sierra Gallery, photography by Imagery in the Crimson Gallery, and display by the Saskatoon Public Schools in the Magenta and Indigo Galleries.

Humboldt and District Gallery
Until June 27 at 601 Main St., Humboldt. Ethereal, a local perspective exhibit by Sharon Kabanier.

Western Development Museum
Until June 30 at 2617 Lorne Ave. REED by Mindy Van Miller. Works in the lot: Finding Franklins Ship-nas until July 5. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

Western Development Museum
Until July 5 at 2610 Lorne Ave. Echoes in the lot: Finding Franklins Ship. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

St. Thomas More Gallery
Until Aug. 27 at 1437 College St. Sequentially by Monique Martin and Cedryn Miller.

Canadian Museum of Canada
Until Aug. 31 at 910 Spadina. Chris E. Baker's House by photographers Larkin Durney and Katie Kozak.

#FAMILY

Need & Print
The first Sunday at 10:30 a.m. and Wednesday at 1:30 p.m., each month, at Wac Paint Pottery, 2110 Eighth St. E. Subscribers for ages two to six, each month features a different story, followed by a related painting project. May 6, read "Bacon Eggs and Ham" and paint plates. Register at 306-223-3279.

Stans and Friends
Wednesdays, 1 p.m., at Centre Cinemas: The Centre. Choice of two movies each week. A baby-friendly environment with lowest-volume dimmed lighting, a changing table and stroller parking in select theatres.

C/o Climax and Play
Daily, 10 a.m. to 6 p.m., in Bay 4 of 619 South Highway 55. In Norman Saskatchewan's newest indoor playground. For children up to age 12. Visit coclimateplay.com or their Facebook page.

EVENTS

Fan Factory Indoor Playground

Daily at 16300 Quince Ave. A vast indoor play area for young children. Adults and children under six years are free. There is a separate fenced area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Scouters Indoor Playgroup

Thursday, 9 to 10 a.m. to 11:15 a.m. (through May, at Elmwood Baptist Church, 1030 Acadia Dr.) Parent-supervised playgroup for kids up to age five. A bounce house and toys for kids, supervised infant play area, coffee/tea for parents. Registration an arrival. Information at scouters@elwoodbaptist.ca or their Facebook page.

Pop-In & Play

Thursday until May 21, 9 to 10 a.m. to 11:15 a.m., at Elmwood Alliance Church, 1030 Poplarhurst Cres. For children and their parents. Monthly theme. Learning centers, snacks and occasional speakers. Information at all@elwoodbaptist.ca.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., and on Saturdays, 10:30 a.m. to 11:15 a.m., at Yoga Life, 2-15 Third Ave. 5 classes taught by Nina Zetti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include pictures, music, meditation, movement, play and song. Classes are six weeks. Register at freemoments@freemoments.com, 266-381-8552.

Preschooling Cafe

Thursdays, 10 a.m. to 11:30 a.m.

at Westhills Primary Health Centre, 2311 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movies for Moments

Thursdays, 2 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with subdued sound, change tables, bottle warming and stroller parking.

Shop 'n' Stroll

Thursdays, 9 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. A class variety of power walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Preceptor at nannamemo@telusnet.com. No classes on stat holidays.

Baby Talk at SPL

Friday, 10:30 a.m., at Alice Turner Branch, 1030 Acadia Dr. and 5 West Branch, 10:30 a.m., at Copley King Branch, and Tuesday, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, then mingle with other parents.

Kid Yoga Classes

After five to 10 on Saturdays, 10:30 a.m. to 12:15 p.m.; home-siblings after five to 12 on Mondays, 10:30 a.m. to 11 a.m., at Yoga Life, 2-15 Third Ave. 5 classes taught by Nina Zetti. Kids like regular meal plans, fun focus, visual aids, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freemoments@freemoments.com.

Prenatal Partner Workshops: Yoga for Childbirth

Saturdays, 10 a.m. to 4 p.m., at Birch Bayshore, 2343 Third Ave. 5 instructed by Nina Zetti. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at freemoments@freemoments.com, 266-381-8552.

from whitnycap@gmail.com, 304-341-8552.

Free Family Play

Sundays, 2 p.m. to 4 p.m., at the Marvel Art Gallery, 910 Spadina Cres. E. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Reservations are provided.

More and Baby Yoga

Mondays, 11:15 a.m. to 12:30 p.m., at Yoga Life, 2-15 Third Ave. 5 classes taught by Nina Zetti. For mothers with babies as young as six weeks. Time and stretch your body, learn relaxation and meditation skills and explore breathwork. Classes are six weeks. Register at freemoments@freemoments.com.

Prenatal Yoga

Thursdays, 10 a.m. to 11 a.m., at Pregnancy and Perinatal Health Centre, 343 Third Ave. 5. Explainer to intermediate yoga designed to help you with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years pregnant. Register at mps@psph.ca or call 669-6696. No class on stat holidays.

Canadian Light Source (CLS)

Guests Tours Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration required. Call 304-857-3664, email outreach@cls.ca or visit freemoments.ca/canadian-light-source for more info.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Perinatal Health Centre, 343 Third Ave. 5. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 266-251-2643 or email mps@psph.ca or email outreach@cls.ca. No class on stat holidays.

Preschool Story Time

Sundays, 10:30 a.m. to 11 a.m., at Mickey Bookstore, 2330 Eighth St. E. For children ages three to five in the chair of books. Call 266-665-1472.

TO MAINSTAGE BESSBOROUGH GARDENS

26

THE NEW PHOTOGRAPHERS

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27

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2

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EVENTS

Saskatoon Valkyries Season Opener

May 10, 10 p.m., at the Saskatoon Motor Festival Field. The Saskatoon Valkyries open the 2008 WWFOL season with a game against the Winnipeg Wolfpac.

Exhibit

May 10, 2:30 p.m., at St. Andrew's Presbyterian Church. The Saskatoon Symphony Orchestra's Playful Choice Series With the Saskatoon Symphony Chamber Players. Featuring works by Bach, Glazunov, Tchaikovsky and Poulenc.

Kneading Up with the Keepers

May 10, at the Saskatoon Forestry Farm Park & Zoo. Celebrate Mother's Day with a race with the Keepers. Join the zoo keepers on their feeding rounds, followed by a continental breakfast. Registration is required. Call 326-970-3396.

Tonight It's Poetry

May 10, 7:30 p.m., at The Phoenix Arts House, 148 Second Ave. N. Special event featuring Charlie Peters.

Silver Spoon Dinner

May 11, 6:45 p.m., at TCU Place. Saskatoon's premiere indoor night spot. Featuring Adam Thelke. Tickets at piccciv.com.

Beispiel Show

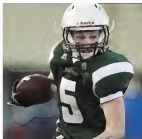
May 11, 7:30 p.m., at McClure United Church, 4625 Taylor St. E. Hosted by the Northern Lights Blues and Old Time Music Society. A night of blues-influenced music. Featuring the locally popular band Tickets at the door \$10/pw. For tickets.

Off-Broadway Farmers' Market, International Bazaar, and Music

May 10, 10 a.m. to 6 p.m., in the basement of Coles-Stanley Community Centre, 305 1/2 St. E. Offering a variety of locally produced food, clothing and accessories from India, past products, baklava, and bharat dishes. New vendors welcome. Call 326-654-2540 or email haris@phoenix.ca.

Adult Canvas Painting Class

May 12, 10 a.m., at West Point. Paint your own canvas. The project is live lions here. Regis-



The Saskatoon Valkyries open the 2008 WWFOL season with a game against the Winnipeg Wolfpac on May 10, 10 p.m. at the Saskatoon Motor Festival Field. **PHOTO BY LAM NGUYEN**

1st at 306-373-3219

OGIT 160 Years with a Parade

May 23, 10 a.m. to 2 p.m., at McClure United Church, 4625 Taylor St. E. The first youth parade celebrates 160 years with a search at 11 a.m. RSVP by May 12 at 326-343-0101. ogitphoenix.ca.

Book Signing at McNally Robinson

May 11, 6:45 p.m., at McNally Robinson, 3330 Taylor St. E. For schedule and information visit mcnallyrobinson.com/saskatoon_events.

English for Employment Class

Hosted by the Saskatoon Open Clear Society. Improve English communication and communication, and learn what you need to find work in Saskatoon. Informational registration at 326-293-6327, 326-503-6464, 326-23-4336. saskatoonclearsociety.ca.

THEATRE

Matchbook

May 6-7 at Village Guitar & Arts, 432 20th St. W. Swing of her feet by a mysterious foreigner, a young woman lives behind the world she grew up to start again in a land of opportunity and

freedom. A not-very-fairytale folk musical about the wife of a very notorious man. Tickets at 326-344-7722, pansoph-theatre.org.

Cries in the Caribbean

May 7-17 at Studio Wix, 616 24th St. W. Presented by SNTC. For a couple's 30th wedding anniversary, their children decide to send them to a resort in Mexico. But neither has ever been outside their class community. Tickets at latropicalphoenix.com, 304-960-1221.

The No-Nos

May 9, 8:30 p.m., at Le Belak, 156 Taylor Ave. N. The irreverent comedy troupe performs. Admission at the door.

33rd Annual Spring Festival of New Plays

May 12-16, 8 p.m., at Phoenix Arts Gallery, 434 20th St. W. Hosted by the Saskatchewan Playwrights Centre. Local playwrights have their plays developed with theatre artists from across Canada, with input from the public. Admission is free and donations are accepted. Information at saskplaywrights.ca.

David Shapiro is a local community service officer at Phoenix. Letters and his monthly feature columns, Summer and Autumn, are featured in the Phoenix.

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www.optionsbytrishjewelry.ca

Inspired by the beaches of Greece, this exclusive jewelry package from Options by Trish's Mykara line has European elegance. It includes a 24-inch pendant of natural sliced druzy accented in 24-karat gold plating and a short pendant necklace with three pieces of raw natural druzy placed together on an 18-inch chain of plated 24-karat gold. A pair of delicate pearl and crystal earrings, plus accent the tapered necklace and provide a finishing touch to this glamorous jewelry package. A total retail value of \$550.

Spring Fashion Week arrives Saturday, May 9 in your StarPhoenix!

It's 16 pages of non-stop fashion, showcasing the season's hottest trends, presented by our city's top fashion retailers!

The StarPhoenix Spring Fashion Week is also your chance to win this European-inspired exclusive jewelry collection from Options by Trish.

Look for your entry form in the Spring Fashion Week pages of your Saturday, May 9 StarPhoenix!

The StarPhoenix

OUTSIDE THE LINES



HAPPY MOTHER'S (aunties & grandmas & friends & leaders & pet parents & anyone who makes us feel cared for) DAY!

Colouring contest

Each week Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bradecol@stephenmckay.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Savannah Barrett. Thanks to everyone who submitted entries!

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GARDENING

GARDENING IN SASKATCHEWAN

Clematis guaranteed not to disappoint

By Sara Williams

Clematis are among our most beautiful vines. Some do very well on the Prairie with average care, while others need coddling, complete with perfect macro-climate, and yet they still may not survive our winters.

However, in garden centres and nurseries, they all share equal space. So how do you know if the plant you're picking is truly hardy or needs shelter? Begin with the Latin or botanical name — it's always listed on the plant tag in italics.

The hybrids of two species, *Clematis alpina* and *Clematis montana* are among the hardiest and toughest. They vary in height from 3.6 to four m. clamber by means of twining leaf petioles and leaves

on the previous year's growth from late spring to early summer. Both need little pruning unless they're blocking a window or an arch.

They benefit from being planted in deep, organically enriched soil with a 18 cm layer of organic mulch at their base, and deep watering (to a depth of 45 cm) every two weeks. Bloom is greater if the vine is in sunlight. These clematis are hardy, easy to grow and vigorous. No fuss, no muss.

The alpine clematis (*Clematis alpina*) is native to Europe and Asia, has bi-hercely compound leaves (meaning each leaf consists of three groups of three leaflets) produces bell-shaped flowers in white, pink or blue and generally reaches a height of two to 3.5 m. Among these cultivars are 'Blue' with deep pink flowers, 'Willy' with pale pink flowers with a darker edge, 'Cous-

taner' with almost red flowers and 'Frasca' with red and 'Parade Jackson' with blue flowers.

The large-petalled clematis (*Clematis macropetala*), native to China, is slightly taller, generally between 3.6 and four m with bell-shaped flowers. Prairie plant breeders such as Frank Skinner and Ron Zuberski have developed several cultivars. Among the Skinner introductions are 'Blue Bird' with lavender blue flowers, 'Ray O'Grady' with long pink-petalled sepals, and 'White Swan' with flowers as you would expect — more white. 'Joe Gray' borrowing one of Saskatchewan's pioneers of horticulture, has double purple flowers and was introduced by Stan Salacinski of Prairie River Other. *Clematis macropetala* cultivars include 'La goot' and 'Michael Bell' with blue flowers, and 'Markham's Peck' with pink flowers.



Saskatchewan clematis is a beautiful and hardy vine with deep purple flowers and it will climb to 10 m in the winter. PHOTO COURTESY SARA WILLIAMS

Shop pink, save big.

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The Mendel Art Gallery will close in early June 2015. Until then, enjoy great prices on unique gifts and merchandise. If you've got a Gallery Shop Gift Card, be sure to cash in on savings now!

Please note: Consignment items not included in sale.



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GARDENING



Clematis integrifolia



Clematis recta



Clematis recta

Golden clematis (*Clematis integrifolia*) and prairie traveler's joy (*Clematis recta*) are both large, very vigorous, drought tolerant and delectably hefty. Both are excellent as ground covers for large areas on a sunny exposed hill or bank or for taking something large and/or ugly such as a neighbor's driveway shed (jenny grant it in the corner of darkness). These vines look so good, you'll consider carefully where you place them. A long blooming and slightly more contained outdoor of the golden clematis is "Bill Mack mix".

Quite different from all of the above are the outdoor of burlesque (*Clematis integrifolia*) and the climbing (*Clematis recta*). They begin growth each spring at ground level and climb to about three to four feet on the current season's growth in late summer. Although the roots survive, the above-ground portion is killed to soil level each winter and must be pruned off in early spring. One of the best known of these is "Blue Boy", introduced by Frank Baker in 1905. A more recent introduction from Latvia is "Pamir Serata" with light violet flowers.

Try some of these. You'll find the disappointment.

Gene Williams is the author of the newly revised *Creating the Prairie Landscape* and the *Saskatchewan Prairie Park & Zoo: A Photographic History*. Just back from Mexico.

Some will also be looking to lower in Ireland in September. For more information, call Bette at 250-779-2313.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennials.ca). bette@perennials.ca Check out our bulletin board or calendar for upcoming garden information sources, master gardener courses at the University of Saskatchewan (dcpa1.cdn.sask.ca/mediagallery).

SPRING The StarPhoenix

fashion ROAD SHOW 2015

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WEDNESDAY, MAY 13

MANO'S ON 8TH STREET 11:00AM - 1 PM

JOIN US FOR GREAT FOOD, FUN AND FASHIONS!

The StarPhoenix invites you to attend our travelling lunchtime fashion show, Wednesday, May 13, at Mano's Restaurant on Eighth Street. See spring/fresh fashions from Saskatoon's leading retailers. Admission is free!

Guests will also receive an entry form to win an exclusive jewelry package from the Mykonos collection created by local designer Options by Trish, valued at \$550.

Professional models supplied by The Modelling

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SASKATCHEWAN FOOD SCENE

How to support a local to global food connection

By Jenn Sharv

A new website and app makes it easy to understand issues surrounding digital food.

Ethical Sourcing is a place to find information about everything from emissions to treatment of workers in the global food supply chain. It also offers a directory to find Sustainable businesses that provide fair trade, local and/or organic products.

Fair trade standards help protect workers' basic rights, ensuring health and safety standards and that child labour is not used. Local and organic food helps protect workers' health, the environment and supports the economy.

The Swahilichwan Council for International Cooperation (SCIC), a coalition of organizations involved in international development, made the site. Communications officer Robb Huxtable says Ethanol Rats fits SCIC's mandate.

"A lot of these issues are pretty strongly rooted issues that have been around for many decades. They're big problems that we're trying to address so the content isn't likely going to change drastically."

Biodiversity is important to the SCNC. There are less seed varieties than ever before and some companies are patenting their seed. Reduced seed varieties means those living in developing countries have less control over their food.

"When we have lost seed viability, there's more susceptibility to crop failure and to disease," says Humble.

Many of the genetically modified crops are better suited to large scale industrial farming. This type of farming operation leads to land grabs in developing countries where people may be pushed off their land to make way for export crops.

"We're trying to promote ways to support small-scale family farms because that's who is producing the majority of the world's food and that's the people who are most often going to be hungry which is a complete oxymoron," she says.

The website encourages people to explore these different issues and how they're connected to the different foods we buy every day.

"We know ethical consumption is not a fool-proof plan; it's not a complete solution. But what we're trying to do with this tool is allow people to take some small actions that they'd

Ethical Eats!



Mathematics 2021, 9, 541

As a consumer, you have the power to make a difference. Choosing products and services that support the people and the planet is a powerful statement. We're proud to be a part of the solution.

We at SOC want to help by providing a comprehensive directory that will link Southwestern consumers with local businesses that produce these products. We know that no one has the ability to use 100% ethically all the time and two ethical consumer choices we feel are critical to doing a responsible global citizen. But our hope is to provide you with information to make informed decisions. Let us provide the links and we'll be right there to help.

Learning objectives



Learn!

1. *How much time do you spend on this activity?*



FOODS MOST SUBJECT TO UNETHICAL PRACTICES

WAYS TO SUPPORT MORE ETHICAL OPTIONS

CONVERSE & 18TH FLAVINOW AVE

- Most often associated with child labour and child slavery

401 1000 0000

with a trade-off level we being considered for each case, no distinction was made about

- Extensions associated with searching on site and even for home, most common of that

of studies was the site used.

GENETICALLY MODIFIED CROPS

- **Key agenda when you can:** One of the important issues is the effects of pesticides on the workers, especially ones that have less protection or less health and safety standards.

"If you don't want those chemicals going in your body, think about the person who's having to apply them and what sort of situation they're in," says Thomas.

- Look for foods that have a shorter supply chain
Locally produced foods that are seasonally available
Locally grown or processed foodstuffs

- Look for low-risk and direct trade options for fresh red available, best such as chocolate, coffee, sugar and tea.

- Try to introduce more vegetarian meals into your diet – even eating vegetarian twice a week will cut down on the water usage that goes into making the

WINE WORLD

#SASKATCHEWAN WINE SCENE

A wine to match a celebratory living style

By James Romanow

For more than a century, the wine of choice

among the opponents was German, usually referred to as "Black" or "Blood." The latter is actually a no-gain as it should be widely precise but really all those words pronounced was a crisp, flavorful, refreshing white wine.

German wines had something of a resurgence in the 1870s, but the early 1900s pushed them to the fringes as the last few decades in fact, I think it was only the tenacious of sommeliers and wine-makers that kept the wine on the radar.

Ranking the same for more grapes. It is an iconic, ubiquitous wine that every one should have at their cupboard. The cry for dry white wine is to the finish as the '80s, but as sweetness levels have dropped up in the last decade, people have rediscovered the joys of German wine.

The Germans have started to adapt to their

love of partying. (Hint: If a German movie goes to a party you have three choices — die the next day or lose the next three days of your life. The former, simple train rides to turn into events that would leave a Roman emperor (astonished). It was only a matter of time before their wine packaging reflected their celebratory style of living.

Cray Life is a wine with creative labeling. It took me a few minutes to figure out the name of the stuff. It's a rouser, past grape, cross that has the quality of 190 with the crisp edge of modern.

There's a great sort of breathless, only throw with a slightly formal, but it's if ever there was a wine for James Bond, this is it.

Cray Life, \$4.99

Thrilly wine is Monday's UnderPost and a nod for your inner barbarian at the next 400. Look more on Twitter @lbruce.



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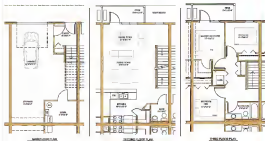
Crossword/Sudoku answers

S	P	R	I	T	A	L	C	A	M	I	E
A	R	O	W	A	A	R	O	O	D	A	D
S	T	I	E	G	J	O	Y	B	U	Z	Z
H	O	L	L	O	W	C	H	E	S	S	
B	R	O	A	D	E	N					
O	E	N									
S	P	R	I	T	A	L	C	A	M	I	E
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F	A	S	T								
A	L	S	O	D	A						

5	4	7	2	3	1	8	9	6
8	9	6	4	5	7	2	3	1
1	3	2	9	6	8	7	5	4
7	5	1	8	9	2	6	4	3
3	8	9	6	7	4	1	2	5
6	2	4	5	1	3	9	8	7
2	1	5	7	4	9	3	6	8
4	7	8	3	2	6	5	1	9
9	6	3	1	8	5	4	7	2

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